

FEB 1993

NORTH SHORE AMATEUR RADIO CLUB "SPARKS"

CLUB CALL VE3NSR

CLUB REPEATERS, VE3OSH 147.120 & VE3NAA 443.000

N.S.A.R.C. EXECUTIVE FOR 1993

President	Richard Button	VE3RJB	725-7150
Vice President	Casey Coley	VE3NGT	623-0264
Treasurer	Laird Solomon	VE3LKS	434-7339
Secretary	Fred Bengel	VE3TIG	576-4839
Program Director	Peter Johns	VE3WWZ	723-9049

February Issue

CLUB COORDINATORS

A.R.E.S. Coordinator	Margaret Jeffery	VE3BNN	725-1238
Special Events Coordinator	Ralph Day	VE3CRK	576-8738
Bulletin Editor	Victor Doty	VE3LNX	983-5831
Bulletin Publisher	Glen Goslin	VE3LIZ	725-1545
Club Historian	Mike Sherba	VE3DKW	723-7674
2 Meter Net Control	Roy Miller	VE3AAF	852-5447
Registrar	Keith Wyard-Scott	VE3GDF	723-5758
Get Well Cards	Colin Bell	VE3CEU	723-7842
Nonquon Canoe Races	Glen Goslin	VE3LIZ	725-1545
Field Day	Tom Rogers	VE3BTR	640-5549
Instruction Coordinator	Rick Gibson	VE3ASH	434-2886
Auditor	XXXXXXXXXXXXXXXXXX	XXXXXX	000-0000
Lists and Labels	Paul Dale	VE3LHZ	434-6741
Jamboree On The Air	Tom Rogers	VE3BTR	640-5549
Club Inventory	Len Nixon	VE3SVD	985-7120
Ride For The Handicapped	Ray Zambonelli	VE3OUB	723-2467
	Ralph Day	VE3CRK	576-8738

North Shore Amateur
Radio Club Inc.
P.O. Box 171, Oshawa
Ontario L1H 7L1



The 2 meter net convenes Thu.
night at 7:30 on VE3OSH the club
rptr., code practice 8:30 to 9:30
provided by Bernie VE3ATI,
Meetings Held At Arts and
Resources Centre in Oshawa
On Queen Street

Trivia Answer For January

Ross A. Hull was known as a VHF pioneer, he saw the potential of the then-uncharted world above 50 MHz perhaps more clearly than any other man of his time. The technical excellence of his equipment designs and his enthusiasm in print and in person fired the imagination of a whole new generation of radio amateurs, among them the author of **The Radio Amateur's VHF Manual**, Hull's discovery and eventual explanation of tropospheric bending of VHF waves has been called "one of the truly outstanding examples of scientific achievement by an amateur in any field of human endeavour." (from The Radio Amateurs VHF Manual) (Editor)

Don't Forget

Well I am not sure if anyone was late for the January meeting or not, but for those who may have forgotten the new meeting time is 7:30 PM or 19:30 hr's instead of 8:00 PM or 20:00 hr's as it has always been, this should help get some people home earlier that have to get up in the morning and go to work. (Editor)

Anyone Interested In SWL'ing

It has been brought to my attention that there is a winter course being put on by Centennial College called "INTRODUCTION TO SHORT WAVE LISTENING" this is a 10 week course on Tue. evenings, cost is \$65.00, the location is WARDEN WOOD CAMPUS (Warden Ave., South of St. Claire Ave. East, north of Danforth) anyone interested please call 416-698-82100, the instructor is Steven Canney VE3FQ and his phone is 416-222-9658. (Editor)

Another Household Hint

To clean artificial flowers, pour some salt into a paper bag and add the flowers. After shaking vigorously, the salt will absorb all the dust and dirt. (Editor)

Back Pain In The Ham Shack

Whether we are sitting in our hamshack pounding out code, or working the HF bands, or sitting at our computer terminal enjoying packet, there is one thing that many hams have in common as a result of the countless hours we spend enjoying this great hobby -- back and neck pain. In fact, over the course of a life time, 85% of us will experience lower back pain. Spinal pain (neck, mid-back and lower back) is the leading cause of time lost from work, and it costs our society immensely. WCB compensation in Ontario alone for low back pain in a recent year was \$336 Million, so we can see the cost to society as a result of spinal pain and discomfort is staggering. However, the good news is that a lot of this discomfort can be easily prevented and treated; it's just a matter of knowing what we should and should not do.

With the increased percentage of our work force now doing "sedentary" type work, a lot of which can be classified as sitting in front of a computer, or at a desk, or at a desk for hours on end, we are seeing a lot more people complaining of spinal pain as a result. This certainly includes amateur radio operators for, while we are spending countless hours enjoying this diverse hobby, we are usually sitting.

There are certainly many causes of back pain, some of which may be very serious; however, this is rare. The most common cause of back pain is poor posture and improper body mechanics, which lead to a condition known as 'spinal subluxation', which is improper alignment of one or more of the 24 vertebrae in our spines. This condition, if left uncorrected, may become chronic, and/or lead to pinching of one of our spinal nerves, which can lead to headaches, arm pain or leg pain, and may also lead to damage to the discs in our backs.

Preventing Back Pain In The Ham Shack

Proper sitting posture is essential in preventing back pain, and this starts with a good chair. Make sure your back is supported comfortably so that the normal curve in your low back is well supported. Avoid using straight back chairs or chairs with really soft seats, such as a sofa. Use arm rests if available. If on packet (or working CW), ensure that the keyboard is straight in front of you, at a level so that your elbows are at a 90° angle, and close in to your sides, with your screen straight ahead. Be sure your feet comfortably reach the floor. Always avoid hunching forward or slouching. Your weight should be evenly distributed on both buttocks. Avoid reaching for your mic, or keyer, or keyboard; instead move your chair closer. If you have a flat back chair, you should consider investing in a lumbar support cushion.

If you anticipate a few hours (or even a half an hour) of time in the shack, it's a good idea to stretch out the muscles in your neck and low back beforehand, in order to increase your flexibility and prevent pain. However, I recommend that you talk to a professional beforehand, to prevent injury.

There are many things that we can do to make the time in the ham shack more "comfortable", and these are just a few. If you are not sure what's causing your back pain and want to know more about it, consult your Chiropractor. I trust you find this of benefit. For those of you on packet, my personal mailbox is on VE3PKO or you can leave mail for me at VE3INF's BBS.

By Dr. Greg Martin / VE3LOM

Your Getting Old When

You just can't seem to get around to procrastinating, and
When your back goes out more than you do.

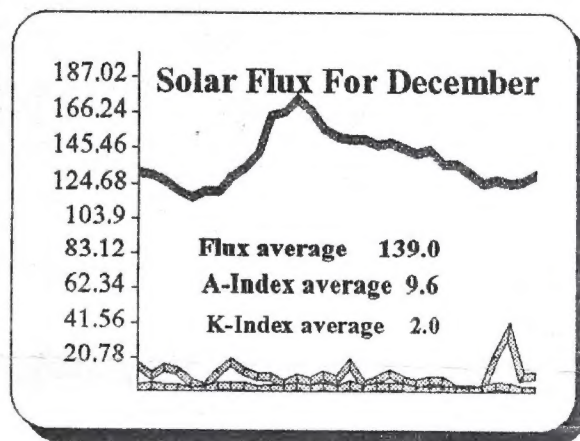
Landlocked Ham Rescues Sailors

A midwest postal worker fiddling with his ham radio helped rescue two British yachtsmen trapped in a sailboat sinking 800 km (500 miles) off the coast of Florida. Wilber Warke heard the distress call Monday on one of the thousands of open unmonitored radio channels. "I heard the English accent voice come over and say he had an emergency and did anybody copy" Warke said. The sailor and his 15 metre sailboat was taking on water. Warke relayed the boats location to the coast guard, which arranged for a nearby commercial ship to help. "I was amazed at how fast things happened. In less than two hours the Coast Guard called to tell me they were rescued," Warke said.

LEBANON, Ill. (AP) (VE3WWZ)

Trivia For February

On the Byrd Expedition to the Antarctic what type of receivers were used ?



More Household Hints

If you place candles in the freezer before using them, they will burn more slowly and evenly.

AND

To remove mineral deposits from the inside of a steam iron, fill with equal parts water and white vinegar. Let it steam for 5 minutes, then unplug and let stand for 1 hour. Empty and rinse with clear water. (Editor)

Minutes Of January Meeting

The January 1993 meeting was called to order at 19:40 by Casey, VE3NGT. There were 38 people in attendance. Casey asked visitors and members to introduce themselves.

Minutes of Previous Meeting

Motion was made by Margaret to accept the minutes of the November meeting as they appeared in the newsletter as there were no minutes for the December meeting because of the Christmas party. Seconded by Glen, VE3LIZ. Motion to accept minutes was carried.

Laird, VE3LKS, our treasurer, reported a healthy balance for the up and coming year.

Committee Reports were received from the following: Flea Market Deferred until arrival of Mike Sherba later in the evening. (He did not arrive.)

Emergency Measures Organisation (EMO) Margaret, VE3BNN indicated that it would be a good idea to have an ARES group independent of any clubs in the region look after emergency communication. Motion was made by Ralph, VE3CRK, to investigate and implement the establishing of a regional ARES organisation. Seconded by Bill, VE3VLK. Motion carried.

Trailer

Jim Tower Sr., VE3SVM stated that he has a trailer available that could be designed and built to contain the tower and antennas owned by the club. Motion was made by Richard, VE3RJB through Casey, VE3NGT to allow the trailer committee consisting of Jim Tower, Sr. and Tom, VE3BTR to inspect the trailer for suitability, and if suitable have the committee produce a design and cost estimate for the February 1993 meeting. Seconded by Ralph, VE3CRK.

GOTA

Tom, VE3BTR is looking for volunteers to assist in GOTA. Location will be at new Guides headquarters on Shirley road. Presently

we have Jim, Tower Sr., VE3SVM and Jim Tower Jr., VE3UQZ that have volunteered to participate in the Girl Guides on the Air Jamboree which will take place on February 1993.

Other Business

Inquiries were made as to the health of Roy, VE3AAF. He is at home now recovering from a kidney infection.

Member suggested that a condolence card be sent to Jenny Walker on the death of her husband Art, VE3RO. Jenny has taken Art's call.

Coffee Break

50/50 Draw was won by VE3AEQ, Glen Flintoff.

Our guest speaker, Eric Atkins, VE3HMG spoke about direction finding antennas past and present.

Motion was made by Winston, VE3WFS to adjourn. Seconded by Sarah, VE3ZQS. Motion carried. (VE3TIG)

Flea Market

Unfortunately there was no report on our up and coming fleamarket as Mike VE3DKW or myself were unable to attend. The BIG event is planned for April 3 1993 at the same location as in previous years, Pickering High school north on Church St. in Pickering Village. As in other years Mike VE3DKW, who is in charge of parking and myself, VE3LNX who is in charge of security, will be looking for and calling on many of our members to help out with these very necessary jobs. (Editor / Security)

Membership List

If all goes to plan I will be publishing an up to date membership list in the March issue, so if you have changed your address, or phone number please let VE3LHZ Paul know so the next published list will be as accurate as possible. (Editor)

You Are Getting Old When

You turned 39 before Jack Benny. (VE3LLZ)

No Doubt

The most frequently asked question in this country today probably is, "How much is the down payment?" (VE3PLM)

RFI From Touch Lamps

Has anyone experienced any RFI from touch lamps or dimmer switches? I would be very interested if anyone has had any experience in this area and especially if they had any success. My daughter has one of these *\$#@&* things and I have used up all options that I am aware of except using a very large hammer on it. When the lamp is activated on the low voltage setting of approximately 40vac all the problems arise, at that point I have an S9+ of hash on my HF receiver on 80 and 40 meters that is about 40 KHz wide, unfortunately the lamp is activated by the RF radiated from the antenna when operating at the 100 watt level and when I operate at the 1 KW level it is even worse. First I tried a choke on the power line cord figuring that it wouldn't do much if any good, which it didn't, but you have to start some where. Then I started dismantling the lamp and found that I was in luck in the fact that the control module was in a plastic container and not in an epoxy blob as a lot are, and unfortunately at that time are limited to what can be done because you can not see what is in the control module. After popping the top off the box I placed ferrite beads on all incoming and out going power leads, soldered .001 bypass capacitors across all incoming and out going power leads as well as on all legs of the SCR. But as Murphy would have it, it still didn't work. So as a last resort I wrapped the whole module in tin foil, and guess what, IT STILL DIDN'T WORK. So anyone having any suggestions on a possible cure PLEASE let me know. (Editor / VE3LNX)

Some of WWV's Secrets

There is a very lot of information that is available from WWV and WWVH that most people do not know about, this is some of the

best DX information around and the best part is that it is free for the listening. By the way the WWV frequencies are 2 MHz, 5.0 MHz, 10 MHz, 15 MHz and 20 MHz. At 18 minutes past the hour from WWV in North America and 45 minutes past the hour from WWVH in Hawaii. This information pertains to the current propagation conditions and a forecast for the next 24 hours. If you are interested in DX operating this is very valuable information.

Unfortunately the first time you listen to WWV's forecast it may sound a bit confusing until you learn a little bit about what some of the information means. The solar flux, the Bolder "A" and "K" indices, solar-terrestrial conditions and other terms that sound baffling until you understand their meanings, hopefully I will be able to help you interpret them. By the way a solar cycle is normally an 11 year cycle from one peak to the next peak so these changes you will experience in propagation will be quite gradual except when you reach the peak, the drop off is normally quite rapid, usually in one year you will see a great drop in propagation the incline to good conditions will be very slow over several years.

Solar Flux

The solar flux readings broadcast by WWV is a measure of radio energy emitted from the sun at a frequency of 2800 MHz, it is measured at the same time at an observatory in Ottawa. The solar flux is widely considered to be the best overall measure of solar activity that effect radio propagation. A good rule of thumb is: the higher the solar flux number the higher the maximum usable frequency (MUF) and the better the overall propagation conditions.

During the years of a sun spot cycle peak like 1978, 1979 and 1989, 1990, solar flux readings of well over 200 are common (some readings in 1979 were well over 300). At the bottom of a sun spot cycle solar flux readings can fall very low, as low as the 50's to 60's.

Even at these low sunspot times there can be brief periods of increased sun spot activity that will produce HF propagation as good as when in a solar peak (but only for very brief periods, from a few hours to a day or so)

As an example a solar reading over 100 at the bottom of a solar cycle will usually produce fairly good DX as high as the 10 meter band via the F-layer of the ionosphere. Flux readings will raise the MUF up to 40 + MHz via the F-layer of the ionosphere when the numbers peak over 200. Flux numbers that peak over 250 will make it possible to work DX stations on the 6 meter band or above 50 MHz as well as TV signals on channel 2.

The solar flux reading broadcast by WWV is made at 17:00 UTC at the Ottawa observatory and is updated daily on WWV. This means you can keep a running record of the solar flux values. A sudden increase in the solar flux over values of proceeding days usually means that propagation conditions on the higher frequencies will be significantly improved.

STAY TUNED FOR THE CONCLUSION OF "WWV SECRETS" NEXT MONTH. (Editor) Article taken from Popular Communications / AA6FW

Doppler Work Shop

Well there has been another work shop for the people who wanted assistance getting started on their Doppler units, unfortunately there has not been a very large turn out so I expect that there will NOT be any more in the future. A big thanks goes out to VE3TIG Fred, for his efforts in getting these workshops started, too bad more people had not participated. The idea of these workshops were to get more people involved and dig those units out of the closet or from the back of that drawer. (Editor)

Peter Says

Be bold for what you stand for and careful for what you fall for. (VE3PLM)

Topic For February Meeting

The February meeting is going to be one that you are not going to want to miss if you are interested in purchasing any used gear. Ron VE3ORP is going to give a talk on buying used equipment. So if you are unsure of what condition that used transceiver may be, or what is that tuner worth, is that power supply heavy enough [capable of supplying the required amps] to handle your transmitter (not necessarily the total weight of the supply but that is one thing to consider, if the supply says it will handle 20 amps but the total weight of the supply is only 5 lb. I would be very wary of its capability) make sure you attend the next meeting. Weather you are a new or have been around for a long time, you may be able to pick up a couple of pointers.

Anyway enough of this for now or you will not come to the meeting hi hi. So don't miss the next meeting unless you think know all there is about acquiring used gear. (Editor)

VE3AAF

For all who are interested in the condition of Roy VE3AAF, I will try and bring you as up to date as I am.

At present Roy is resting at home, he is feeling not too bad but, will be a little while before he is up to speed to the point of running the Thu. net, but I expect he is listening so give him a big hello when you check in. (Editor)

A Couple More Hints

The best way to clean pewter is to rub it with cabbage leaves OR

To cut down on fireplace soot throw salt on the logs occasionally. it can reduce soot by two thirds OR

To cut down on dampness in closets, fill a coffee can with charcoal briquettes. Punch holes in the cover and place can on the floor. (for larger closets use 2 or 3 cans) (Editor)

Wanted Article from CQ mag. July 1971 and Feb. 1978 or copy of article call Mike VE3DKW 416-723-7674

Wanted Old frequency meters, the older the better. call Mike VE3DKW 416-723-7674.

Wanted Pre 1945 QST's, any shape, part or full years ok. call Mike VE3DKW 416-723-7674

For Sale Yaesu FT-101 ZD transceiver manual, hand mic \$500.00 call Bill N4LEC 705-876-1820

For Sale Kenwood R-1000 general coverage receiver, manual \$400.00 call John VE3??? 416-728-3711

For Sale Assorted GRS gear, for more info and price contact Paul call Paul VE3LHZ 416-434-6741

For Sale Hy-Gain TH3 Sr. MKIII triband beam, still up, asking \$275.00 call Vic VE3LNX 416-983-5831

For Sale 5/8 wave 2 meter mag mount antenna asking \$35.00 call Walter VE3FJC 416-263-2338

For Sale 6146 tubes A's, B's, & W's all checked, A's, B's \$25 pair, W's \$35 pair call Vic VE3LNX 416-983-5831

For Sale Icom IC-402 70cm ssb/cw transceiver 3 watts, manual \$200.00 call Vic VE3LNX 416-983-5831

For Sale FT-470 dual band HT, PA6, 2 dry cell packs, spk mic, leather case \$400.00 call Gord VE3UIB 416-433-7005

For Sale Bird 43 series watt meter (N) type connectors \$170.00 call Vic VE3LNX 416-983-5831

For Sale BN 86 balun for dipole or beam antenna, asking \$25.00 call Walter VE3FJC 416-263-2338

For Sale Delhi 64' tower, on ground, needs paint, asking \$250.00 call Walter VE3FJC 416-263-2338

For Sale One 1934 copy with original paper jacket of "The Treasure Hunt Of The S-18, asking \$15.00 call Ed VE3FRM 416-985-3790



It was working fine before I bought it.
then I plugged it in. All that smoke
and all that crackling sound and that
terrible smell, like old burnt socks

Walter VE3FJC

DURHAM REGION AMATEUR RADIO EMERGENCY RESPONSE

At the North Shore ARC meeting on Monday, January 11th and the South Pickering ARC meeting on Thursday January 14th, it was agreed by both clubs that the emergency response for the Durham Region should be under one banner. This reorganization will let us completely focus on the upcoming emergency exercises as well as make it easier for us to recruit hams from around the region. It also relieves the executive of the respective clubs of added responsibilities when so many other important events will be taking place over the next few months.

We have been advised that a large evacuation exercise will take place sometime in September. This will probably involve 5 evacuation sites with about 300 people per station. I have not been given full information about this and probably will not know all details until nearer the date. However as you can see it is very necessary that our organization be familiar with all aspects of emergency disaster.

I therefore invite any ham (including new hams who have just received their licenses) to register their equipment by filling out the application below. We hope to have a meeting of all those who have filled out a form sometime in February. You will be advised of the date in the next week or so. Please pass word around that the Durham Region Amateur Radio Emergency Response wants you!!

Margaret VE3BNN

Randy VE3JPU

Durham Region Amateur Radio Emergency Response

NAME _____ CALL _____
 ADDRESS _____
 PHONE (home) () - (business) () -
 License class _____ Drivers license number _____

INDICATE EQUIPMENT:

	EQUIPMENT	POWER	MODE
	VHF/UHF/HF	AC/DC/BAT.	SSB/CW/FM/PACKET
BASE/...../...../...../...../...../.....
MOBILE/...../...../...../...../...../.....
HANDHELD/...../...../...../...../...../.....

If operating packet, the callsign of your PBBS is: _____

HF bands operational on 80m ____ 40m ____ 20m ____ 17m ____ 15m ____ 12m ____ 10m ____

EMERGENCY POWER: battery banks/generator/other _____

EMERGENCY AVAILABILITY: evenings weekdays weekends (circle all applicable)